T-Mobile 4G Lte APN Settings for Android phone(Galaxy S4, HTC One, Sony xperia)

Follow The Steps >
1-Open the Settings
2-Select Wireless & networks
3-Select Mobile Networks
4-Select Access Point Names.
5-Tap the three dots at the bottom right and select New APN

Enter The Following information

Name	T-Mobile US
APN	epc.tmobile.com fast.t-mobile.com (for LTE devices)
Proxy	blank
Port	blank
Username	blank
Password	blank
Server	wap.voicestream.com
MMSC	http://mms.msg.eng.t-mobile.com/mms/wapenc
MMS Proxy	216.155.165.50
MMS Port	blank
MCC	310
MNC	260
Authentication type	not set
APN Type	default
APN protocol	IPv4
Bearer	Unspecified

All done. The multimedia messaging settings have been set up

T-Mobile 4G Lte APN Settings for iPhone and ios 7

T-Mobile USA 4G Cellular Data Settings for iPhone 5S, 5C and iPod

Follow The Steps >
1-Go to Settings> General> Network
2-Under “Network” settings select “Cellular Data Network”
4-Add APN (below)
5-Leave Username and Password blank
Done

Cellular data	T-Mobile US
APN	epc.tmobile.com fast.t-mobile.com (for LTE devices)
Username	blank
Password	blank

T-Mobile 4G MMS Settings for iPhone and iPod
1-On your iPhone go to Settings ->
2-General ->
3-Network ->
4-Cellular Data Network ->
5-MMS->

Cellular data	T-Mobile US
MMS APN	epc.tmobile.com fast.t-mobile.com (for LTE devices)
Username	blank
Password	blank
MMSC	http://mms.msg.eng.t-mobile.com/mms/wapenc
MMS Proxy	216.155.165.50:8080
MMS Max Message Size	1048546
MMA UA Proof URL	http://www.apple.com/mms/uaprof.rdf

Also make sure you go to Settings ->
Messages Turn MMS Messaging - ON
Turn Show Subject Field - ON

T-Mobile4G Lte APN Settings for Windows Phones (Nokia Lumia, HTC 8X)

Follow The Steps >
1-Press arrow right to access the main menu.
2-Press Settings.
3-Press mobile network.
4-Press add apn.

APN	epc.tmobile.com fast.t-mobile.com (for LTE devices)
Username	blank
Password	blank

Enter pass and tap the save icon

T-Mobile Windows Phones MMS Settings

Follow The Steps >
1-Press arrow right to access the main menu.
2-Press Settings.
3-Press mobile network.
4-Press add MMS apn.

MMS APN	epc.tmobile.com fast.t-mobile.com (for LTE devices)
proxy port	80
Username	blank
Password	blank
MMSC address	http://mms.msg.eng.t-mobile.com/mms/wapenc
Max MMS size	1024

All done. The multimedia messaging settings have been set up

Here are the specific T-Mobile APN Settings you'll need to add:

APN: epc.tmobile.com and fast.t-mobile.com

Proxy: (blank)

Port: (blank)

username: (blank)

password: (blank)

Server: wap.voicestream.com

MMSC: http://mms.msg.eng.t-mobile.com/mms/wapenc

MMS Proxy: 216.155.165.50

MMS Port: (blank)

MCC: 310

MNC: 260

Authentication Type: (not set)

APN Type: default

APN Protocol: IPv4

Bearer: unspecified

Once you add these APN settings, you'll need to restart your device for them to take effect. Going forward, you should be all set to browse the web and send / receive text and picture messages

To create a .vcf (VCard or "Virtual Business Card") file

1. Open the Phone App
2. For CDMA phones, dial ##66623#. For GSM phones, dial #*66623# and press the green Call Button ( )

3. Tap the green "CelleBrite Export" button
4. After "Step 1: Export File..." is complete, follow directions for "Step 2: Connect USB cable" and connect your phone to a computer via a USB cable
5. Access the USB drive by tapping on USB drive notification
6. Make sure that you set the option on the computer's File Manager to "Show hidden files and folders" and then open up the ".temp" folder on your phone
7. A file called "PmMigration.vcf" will be inside the ".temp" folder. Just copy this file off your phone and on to your computer.
8. Properly eject your phone from USB Mode
9. You can either just backup this file for later, or use it to import your contact list into a program or site that accepts .vcf files (e.g. Gmail)

Note that this will save ALL your contacts, not just those in your Palm Profile